



TREATMENT PLANNING GUIDE

WHAT IS A TREATMENT PLAN?

An individual treatment plan (ITP) (sometimes called an individual service plan (ISP) is used to guide treatment interventions for youth, family, clinician and/or treatment program. It describes referral behaviors that bring the child/youth to treatment and strategies for treating those. It includes the child/youth's personal information, the current diagnosis(es), an outline of the treatment prescribed, timeline for achieving treatment goals and objectives and measurable outcomes. Treatment plans are created **WITH** youth and family input and are individualized for each child/youth, family and circumstances and are updated regularly and address specifically what the child/youth and family/caregiver/guardian want to achieve.

TO HELP IDENTIFY GOALS, THINK ABOUT:

- What the concerning behaviors/symptoms that are impacting daily functioning are.
- What is happening within your family and community that may be contributing to the challenging behavior.
- What you think needs to happen to decrease challenging behavior.
- What your child/youth, family and community need to do to accomplish goals.
- What your child/youth's team and community can do to help work on goals.
- What outcomes you are hoping to see from treatment
- How you see your child/youth/family feeling when you no longer need treatment.
- What your child/youth and family may be doing differently at the end of treatment. (more/less)
- What questions you will have answered about yourself, your family or your life that you are currently struggling to answer
- What do you want from the clinician to help with these goals? What do you NOT want from the clinician?

ALWAYS KNOW:

- This is your plan. Do not be afraid to ask questions and speak up!
- A GOOD RULE OF THUMB: If you can plug anyone else's name into the treatment and make it fit, it is not individualized enough.

TREATMENT PLANS INCLUDE:

- **Referral Behaviors:** Specific description of behaviors/symptoms that lead to the referral for treatment.
- **Goals:** The desired outcomes of treatment. Goals should be **S.M.A.R.T.**:
 - **Specific:** Treatment steps, activities and goals are simple, clear and sensible.
 - **Measurable:** Progress toward your goals will be tracked, monitored and documented regularly.
 - **Attainable:** Goals can realistically be met by your child/youth and family.
 - **Relevant:** Goals are meaningful and motivating to your child/youth and family.
 - **Time-Limited:** Set a date for when you hope to meet the goal. Update timeframes as needed.
- **Objectives:** Smaller, achievable steps for meeting the larger goal.
- **Interventions:** Specific evidence- based strategies and techniques that help meet the goals:
 - **Treatment Model:** Treatment approaches to be used, e.g., motivational interviewing, cognitive behavioral therapy, etc. and justification for using that approach.
 - **Method of Delivery:** Individual, Family, Group, Milieu
 - **Treatment Frequency and Duration:** How often sessions will occur and anticipated completion date
 - **Responsibility:** Who is responsible for various components of treatment (youth, clinician, family, team, etc.)
- **Strengths:** Strengths and Resources youth and families can use to increase treatment success
- **Potential Obstacles and Barriers:** Potential challenges (transportation, childcare, etc.) with possible solutions.
- **Progress/Outcomes:** Plan for monitoring progress toward goals. Progress will be reported regularly and used to update and individualize the plan.
- **Specific Discharge Criteria and Plan:** Criteria is used to determine readiness for discharge. Plan is the process of coordinating and identifying action steps for discharge and support services.
- **Updates:** As significant events/changes occur for your youth and/or family, plans will be reviewed and updated to reflect these. (hospitalization, divorce, death, new diagnosis, etc.)